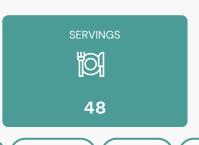


Trix[™] Cereal Cake Pops







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

Ш	1 box duncan hines classic decadent cake mix	white yellow
	16 oz vanilla frosting	
	A cups corn flakes/bran flakes	

- caps com nakes/brain nakes
- 36 oz candy coating disks (almond bark)
- 48 you will also need: parchment paper

Equipment

bowl

frying pan

 □ oven □ microwave Directions □ Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake as directed on box for 13x9-inch pan. Cool completely, about 1 hour. □ In large bowl, crumble cake; stir in frosting until well blended. Refrigerate about 2 hours or until firm enough to shape. □ Roll cake mixture into 48 (11/2-inch) balls; place on cookie sheet. Freeze 1 to 2 hours or until firm. Meanwhile, coarsely crush cereal. Line cookie sheet with waxed paper. □ In 1-quart microwavable bowl, microwave 12 oz of the candy coating uncovered on High 1 minute 30 seconds; stir. Continue microwaving and stirring in 15-second intervals until melted; stir until smooth. □ Remove one-third of the balls from freezer. Using 2 forks, dip and roll each ball in coating. □ Place on waxed paper-lined cookie sheet. Immediately sprinkle with crushed cereal. Melt remaining candy coating in 12-oz batches; dip remaining balls and sprinkle with cereal. □ Place in refrigerator. □ To serve, carefully insert sticks into cake balls. Store any remaining cake balls in airtight container in refrigerator. ■ Nutrition Facts 		paking sheet	
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Properties

haking sheet

Glycemic Index:2.4, Glycemic Load:4.26, Inflammation Score:-2, Nutrition Score:4.9247826156409%

Nutrients (% of daily need)

Calories: 267.2kcal (13.36%), Fat: 8.36g (12.86%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 42.98g (15.63%), Sugar: 26.3g (29.23%), Cholesterol: 1.71mg (0.57%), Sodium: 224.88mg (9.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.64g (5.27%), Manganese: 0.26mg (13.11%), Folate: 46.87µg (11.72%), Selenium: 8.04µg (11.49%), Vitamin B1: 0.17mg (11.08%), Vitamin B2: 0.17mg (10.02%), Iron: 1.8mg (9.98%), Vitamin B3: 1.87mg (9.33%), Phosphorus: 68.36mg (6.84%), Fiber: 1.07g (4.28%), Calcium: 34.27mg

(3.43%), Vitamin B6: 0.07mg (3.27%), Magnesium: 12.71mg (3.18%), Vitamin B12: 0.17μg (2.84%), Copper: 0.05mg (2.67%), Zinc: 0.36mg (2.38%), Vitamin E: 0.26mg (1.76%), Vitamin A: 85.99IU (1.72%), Vitamin K: 1.57μg (1.49%), Potassium: 43.24mg (1.24%)